

KY SUICIDE STATISTICS

An average of 500 Kentucky citizens are lost to suicide each year. Kentucky loses twice as many citizens to suicide as to homicide.

Kentucky's suicide death rate is the 19th highest in the nation.

Suicide is the 2nd leading cause of death for Kentuckians 15 to 34 years old.

Suicide is the 4th leading cause of death for 35 to 54 year olds.

73 percent of suicide deaths in Kentucky were caused by firearms.

2920 suicide attempts resulted in inpatient hospital admissions in Kentucky during 2003.

U.S. SUICIDE STATISTICS

Every 18 minutes, someone in this country dies as the result of suicide.

Approximately 30,000 people in the U.S. are known to kill themselves each year.

Please call today to find out how you may help in the suicide prevention efforts.

502.564.4456

KENTUCKY SUICIDE PREVENTION GROUP

100 Fair Oaks Lane, 4 E-D
Frankfort, Kentucky 40621

<http://mhmr.ky.gov/mhsas/suicidepreventiongroup.asp>

**For immediate suicide intervention, call
1-800-273-TALK
(800-273-8255)**

**There are crisis counselors available 24 hours a day,
7 days a week.**

TTY: 800-799-4889

KENTUCKY SUICIDE PREVENTION GROUP



**Suicide is Permanent -
but Suicide is *Preventable***



Made available via state and federal funds.

... One Life is TOO Much to Lose ...

Most suicidal people desperately want to live; they are just unable to see alternatives to their problems. They want to 'stop the pain' and think suicide is the only answer. Most suicidal people give definite warning signals of their suicidal intentions; but others are often unaware of the significance of these warnings or unsure what to do about them.

According to data gathered by the Department for Public Health, suicide was the 11th leading cause of death for all Kentuckians in 2002. Suicide is taking away our future, as it was the 2nd leading cause of death among Kentuckians ages 15 to 34 and the 4th leading cause of death for those between 35 and 54 in that same year.

WARNING SIGNS AND RISK FACTORS OF SUICIDE

- Suicide threats
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Previous suicide attempt
- Alcohol and drug abuse
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills
- People who are depressed and exhibit the following symptoms are at particular risk for suicide:
 - Extreme hopelessness
 - Heightened anxiety and/or panic attacks
 - Insomnia
 - Irritability and agitation

FACTS ABOUT SUICIDE

Talking about suicide does not cause someone to become suicidal.

Firearms are the most common method of suicide among all groups (male, female, elderly, youth, black, and white).

Suicide cuts across ethnic, economic, social and age boundaries.

Surviving family members not only suffer the loss of a loved one to suicide, but are also themselves at higher risk of suicide and emotional problems.

**For immediate suicide
intervention, call
1-800-273-TALK
(800-273-8255)**

**There are crisis counselors
available 24 hours a day,
7 days a week.**

TTY: 800-799-4889